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Boy oh boy!

JOHN STILLWELL/POOL/THE ASSOCIATED PRESS

Royals. Party atmosphere hits London with the eagerly awaited birth of a new prince

Champagne bottles popped and shouts of "Hip! Hip! Hooray!" erupted at Buckingham Palace on Monday as Britain welcomed the birth of William and Kate's first child, a boy who is now third in line to the British throne.

Hundreds of Britons and tourists broke into song and dance outside the palace as officials announced that the future king was born at 4:24 p.m., weighing eight pounds, six ounces, at central London's St. Mary's Hospital — the same place where William and his brother Harry were born three decades ago.

The imminent arrival of the royal baby was the subject of endless speculation on social media and was covered for days on live television around the world, but in the end the Royal Family managed to keep it a remarkably private affair.

In line with royal tradition, a terse statement announced only the time of birth, the infant's gender and that mother and child were doing well. It gave no information about the baby's name, and officials would say only that a name would be announced "in due course."

"Her Royal Highness and her child are both doing well and will remain in hospital overnight," it said. William also issued a brief statement, saying, "We could not be happier."

Officials said William, who was by his wife's side during the birth, would also spend the night in the hospital.

London's landmarks, including the London Eye, lit up in the national colours of red, white and blue, and the city had a party atmosphere unmatched since last summer's Olympics.

A large crowd rushed against the Buckingham Palace fences to catch a glimpse of an ornate, gilded easel displaying a small bulletin formally announcing the news.

The framed sheet of paper became the target of a thousand camera flashes as people thrust their smartphones through the railings. Some waved Union Jack flags and partied on the streets to celebrate. THE ASSOCIATED PRESS

MORE COVERAGE, PAGE 5

This sugar may not go down easy

When it comes to the sweet stuff, are you better off with real sugar? Artificial substitutes? Natural alternatives? They all have their drawbacks PAGE 10

Grab that console and get your game face on

Electronic-sport players are now eligible for athlete visas in the U.S. PAGE 6

Luongo could get another run at gold

The Canuck is one of five goalies picked for Team Canada's Olympic orientation camp PAGE 14

Stash your $

A secret store of cash comes in handy during emergencies PAGE 13

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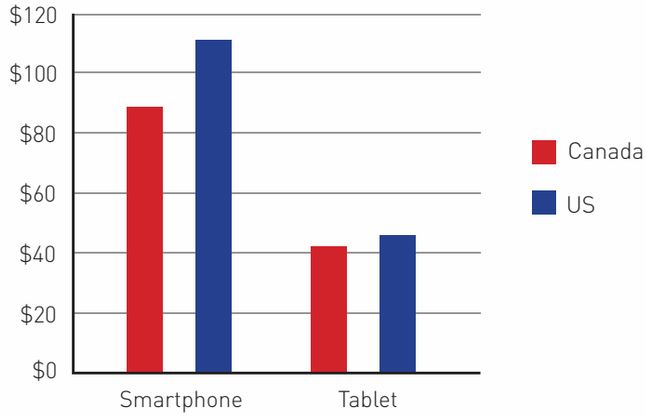

Source:
(1) As of July 17, 2013, based on rates for similar packages published by the three largest Canadian and two largest US carriers for the following devices: Samsung Galaxy S4, iPhone, BlackBerry Z10, Samsung Galaxy Tab, and iPad.

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Surrey revvin' food trucks?

Motors and meals.
City council set to endorse report recommending food-cart program similar to those in Vancouver, Calgary and Portland

EMILY JACKSON
emily.jackson@metronews.ca

Street-food trucks are getting more popular, and Surrey doesn't intend to miss out on the tasty trend.

Surrey city council was set to endorse a report on Monday recommending a food-cart program in the growing metropolis, similar to programs in Vancouver, Calgary and Portland.

A successful 10-day food-cart pilot in spring 2012, along with a two-month pop-up park in Surrey's city centre with rotating food carts this summer, inspired the city to pursue permanent food-cart infrastructure, Coun. Linda Hepner said on Monday.

"We've gotten emails saying, 'This is great, why don't we continue this beyond the summer?'" Hepner said.

City staff studied systems in other cities to see if Surrey should introduce food-cart clusters or let the trucks roam to find hungry diners, but there needs to be consultation with business owners and potential vendors to work out a made-in-Surrey program, Hepner said.

An increase in street food will "contribute to the invigoration" of Surrey's city centre area, according to the report.

As the area strives to become a regional hub second only to Vancouver's downtown core — and massive condo projects are slated to bring more residents — Surrey needs vibrancy and diversity in the city centre, Hepner said.

"Our city is so diverse, and we're growing so quickly," she said, adding that food carts will be an initiative that helps people feel connected. "It has certainly proved successful in Vancouver.... We always like best practices," she said.

While Surrey is one of Canada's fastest-growing municipalities, it has had a few image problems due to gang and gun violence. T-shirts reading "Better Safe Than Surrey" so irked the city, its legal department sent SurreyShirts.com a cease-and-desist letter in January.

The city didn't pursue any legal action against the T-shirt maker.

People line up for a food-cart meal at lunchtime in Vancouver in May. EMILY JACKSON/METRO FILE

Vancouver mayor questions rail-safety protocols

Lac-Mégantic rail disaster GETTY IMAGES

The Lac-Mégantic rail disaster that claimed 47 lives has Vancouver's mayor questioning rail-safety protocols within city limits.

Mayor Gregor Robertson wants city staff to recommend enhancements to safety protocols already in place for the shipment of dangerous goods by rail in Vancouver, according to a motion he will present to council Tuesday.

"The terrible tragedy in Lac-Mégantic is a reminder that all cities must do everything possible to ensure safety measures of its rail corridors," his motion says.

When dangerous cargo, such as chemicals, move through Vancouver, the city co-ordinates the rail traffic with Port Metro Vancouver. As it stands, some of these goods may move along a stretch of rail along the Burrard Inlet as far west as Canada Place within city limits.

While it's still unclear exactly what caused the derailment of a train carrying crude oil in Quebec, the mayor wants the city to look at — and perhaps update — the rules to "ensure the highest protection for citizens."

Crude oil is not shipped by rail in Vancouver, but the Chevron station in Burnaby does receive some Alberta oil by train, since the pipeline doesn't have enough capacity to meet demand. EMILY JACKSON/METRO

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Canadians welcome the prince of pomp

Royal birth. Prime minister, Governor General congratulate Will & Kate as admirers await new arrival's name

Canadians greeted their likely future king with a flurry of congratulations on Monday, but the long-awaited announcement of the prince's birth didn't seem to spark the same frenzy that surrounded his parents' wedding.

The country's political leaders were quick to send good wishes, with many issuing statements shortly after Clarence House officially announced that the Duchess of Cambridge had delivered a son.

Prime Minister Stephen Harper hailed the arrival of "a future sovereign of Canada," calling it a "highly anticipated moment for Canadians given the special and warm relationship that we share with our Royal Family."

Gov. Gen. David Johnston also congratulated Prince William and his wife Kate, saying that as a father of five, he knows well "the elation that a new arrival brings to a young family."

A young family

"I think Kate and William are going to be fantastic parents and Princess Diana's sitting right on that baby's shoulder."

Linda Whaley, an admirer of the Royal Family who celebrated at Toronto's Royal York hotel.

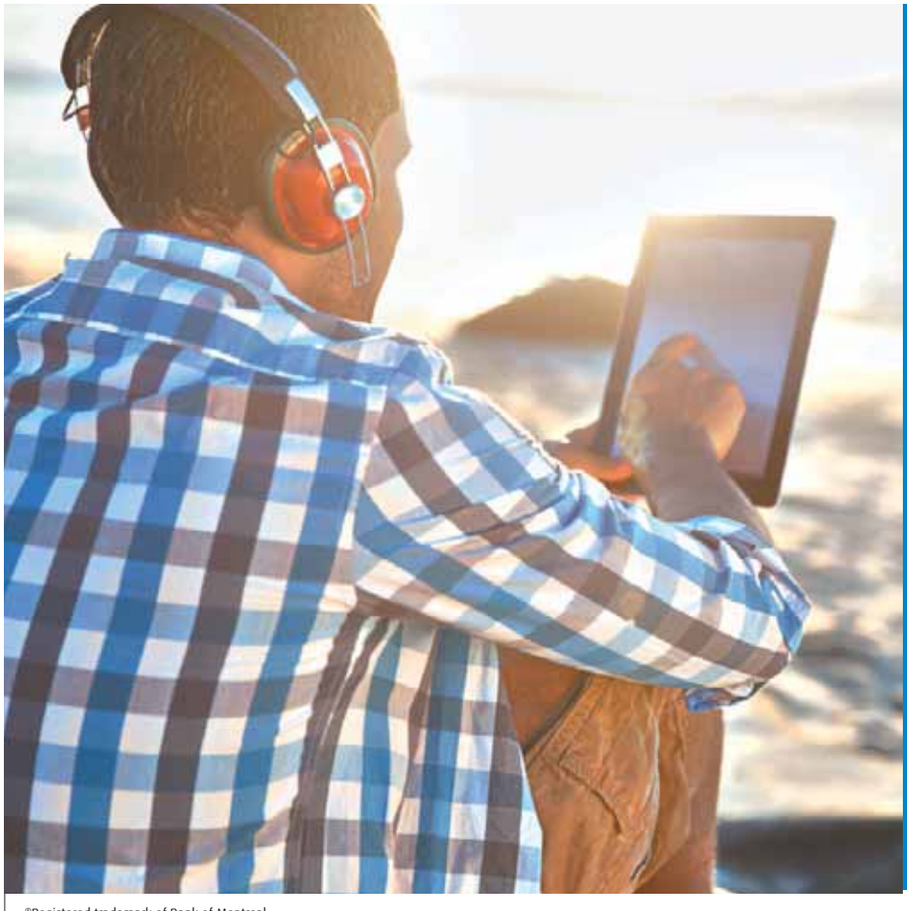
Even those opposed to the monarchy welcomed the prince's arrival.

Tom Freda, director of the organization Citizens for a Canadian Republic, said any news involving the Royal Family renews the debate over the relevance of a monarchist system, "and debate is good."

Several national landmarks — including the CN Tower, Niagara Falls and Parliament's centre block — were set to shine blue Monday night in honour of the newborn prince.

Anticipation had been building in recent days, but even royal-watchers recognized it hasn't rivalled the excitement that ushered in the royal wedding two years ago. THE CANADIAN PRESS

Royal fans wait outside St. Mary's Hospital on Monday in London. When the baby's birth was announced, they were seen on their feet, cheering and dancing. PETER MACDIARMID/GETTY IMAGES



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Bittersweet

Woman claiming she was raped in Dubai pardoned

With her passport back in hand, a Norwegian woman at the centre of a Dubai rape-claim dispute said Monday that officials dropped her 16-month sentence for having sex outside marriage in the latest clash between the city's Islamic-based legal codes and its international branding as a Western-friendly haven.

Dubai authorities hope the pardon of the 24-year-old woman will allow them to sidestep another potentially embarrassing blow to the city's heavily promoted image as a forward-looking model of luxury, excess and cross-cultural understanding.

"I am very, very happy," Marte Deborah Dalelv told The Associated Press after she was cleared by the order of Dubai's ruler. "I am overjoyed."

The case points to wider issues embedded in the rise of Gulf centres such as Dubai and Doha, host of the 2022 World Cup.

THE ASSOCIATED PRESS

Japan

Passenger freed from train gap

Dozens of Japanese train passengers pushed a 32-ton train carriage away from the platform to free a woman who had fallen into the 20-centimetre gap between the train and platform during the busy morning rush hour Monday, just north of Tokyo.

A public announcement that a passenger was trapped prompted about 40 people to join train officials to push the carriage, whose suspension system allows it to lean to either side.

The unnamed woman in her 30s was then pulled out uninjured to applause from onlookers.

THE ASSOCIATED PRESS

Passengers push on a train to free a trapped woman. THE ASSOCIATED PRESS

Gamers go from couch potatoes to athletes

LoL. E-sport players who play in games like League of Legends are now eligible for the same U.S. visas that NBA and NHL players get

Are video game players athletes? The U.S. government thinks so.

In what's being touted as a victory for competitive gaming, electronic sport players are now eligible for athlete visas allowing them to work, travel and reside in America for up to five years. The visas are the same as those given to foreign athletes in other major sports leagues, like the NBA and NHL.

The change comes at a time when e-sports in North America are transitioning from small-time hobby to big-time business.

Eye of the tiger

"Without a doubt I would consider e-sports players athletes."

Danny Le, a.k.a. Shiphtur, the first player to apply for an e-sports visa, says he works out daily and watches what he eats to compete.

"The ecosystem is growing by leaps and bounds," said Dustin Beck, vice-president of e-sports at Riot Games. "We're seeing an average of nearly four million fans tuning in weekly for our European and North American broadcasts and we hit 18 million unique views for our all-star finals back in May."

LUKE SIMCOE/METRO ONLINE

Gamers have rowdy fans cheering them on at championships — like this man at the 2012 League of Legends championships in Los Angeles. COURTESY/ RIOT GAMES

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Nothing's free. More unpaid interns in Canada suing for back wages

Unpaid interns agree to work free in exchange for training and job prospects, but a growing number of them say employers aren't living up to their side of the bargain.

In recent months, former interns in the U.S. have won several high-profile lawsuits for back wages, spurring a growing backlash here in Canada.

Jainna Patel, 24, a math and statistics graduate from McMaster University, filed a federal labour complaint against Bell Mobility after spending five weeks in its Professional Management Program (PMP) in Mississauga, Ont.

In response, Human Resources Development Canada sent a letter to Bell, requesting it either pay Patel's back wages or contest the complaint she filed. The company had until July 9 to file its response.

A Bell spokesperson told Torstar News Service that their program is not only legal, but one of the best internships in the country.

In the year since Patel first filed her complaint she hasn't heard from Bell, but the recent wins in the U.S. give her hope.

TORSTAR NEWS SERVICE

Market Minute

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WHAT ARE YOU STARING AT?

SHE SAYS

Jessica Napier
metronews.ca

My friend and I have a code word that we use whenever we catch each other staring at someone for a prolonged period of time. It's a subtle way to notify one another that it's time to look away. This is more of a one-sided initiative, however, as I never let my gaze linger for more than a couple of seconds while she has a tendency to stare excessively.

She insists that she doesn't realize she's doing it — hence the need for a secret phrase to covertly remind her to stop being creepy — and she's certainly not the only person out there with a habitual staring problem.

As a daily public transit user, I know all about uncomfortable eye contact with strangers. It can be difficult to know where to look in a packed train or bus, which is why most of us use props — books, cellphones, perhaps even this very newspaper — in an effort to avoid gazing at fellow passengers.

Social norms dictate that non-stop staring should be avoided, and yet some people just can't help themselves. Whenever I catch someone looking at me I immediately feel two things: embarrassed (because I fear a stray piece of spinach must have wedged itself in between my teeth) and kind of irritated.

Staring, even if it is harmless or unintentional, has the tendency to make others feel self-conscious and objectified. Nobody wants to be eyed up and down by a stranger, but what is the appropriate response to this sort of behaviour? I've never had the audacity to react with, "Take a picture, it'll last longer," but I have thrown out a passive aggressive "Can I help you?" on a couple of occasions.

Then again, maybe this notion that everybody is constantly looking at each other is all in our heads.

Earlier this year, researchers at the University of Sydney published a study on the topic of gaze perception and discovered that humans have a tendency to presume other people are staring at them, even when they aren't. And no it's not because we're a bunch of paranoid narcissists — this expectancy is actually a defence mechanism.

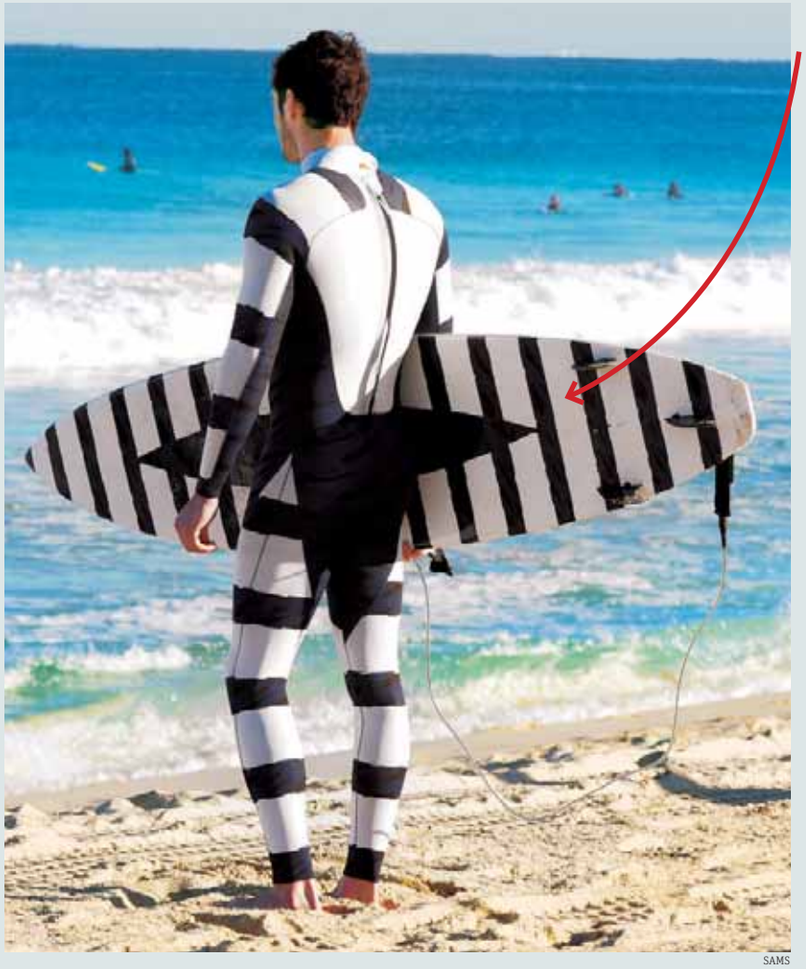
In primates, a lengthy direct gaze is a sign of aggression. Researchers theorize that this hostile interpretation could explain why humans are hard-wired to assume that they are being looked at in order to anticipate potential threats. It might also explain why we have an innate ability to "feel" as though someone is watching us even if we can't see them directly.

So remember, if you do come across someone worth gawking at, there's a strong chance that they are going to know about it.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

How to dress for survival



SAMS

Wetsuits to trick sharks unveiled

Australian researchers have launched a set of anti-shark wetsuits, using new expertise on the predator's eyesight to evade an attack. Scientists from University of Western Australia and designers Shark Attack Mitigation Systems (SAMS) made two types of wetsuits to protect swimmers. **METRO**

Suit yourself

- **The Elude suit.** Designed for divers and snorkellers, the blue-and-white outfit uses "disruptive colouration" camouflage, which is difficult for a shark to see.
- **The Diverter suit.** Made for surfers, the bold black-and-white striped suit mimics the colours of poisonous fish as a deterrent or repellent to sharks.

Project proves to be successful

Testing using dummies off Australia's west coast saw tiger sharks ignoring SAMS suits but targeting black wetsuits. **METRO**

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

A lot can happen in six seconds. If you're a comedian staring awkwardly into a silent audience, six seconds can feel like eternity — which is maybe why so many comedians turn to Vine to share their craft. If you've got six seconds to kill and are looking for a laugh, these comedians have your back.

Will Sasso
MadTV's Will Sasso's lemon-barfing vines have been making the rounds pretty much since Vine became a thing. But his gags aren't just lemons, as expected, there's no shortage of wrestling gags in his repertoire, too.

Reggie Watts
From personal thoughts to odd moments, the musical funnyman, recognizable for his giant hair, delivers his odd sense of humour like the weirdo, superstar he is.

Adam Goldberg
With an emphasis on the drink, Adam Goldberg's six-second vids are gold (usually in a glass, or after having drunk from a glass).

Letters

RE: Banning Chris Brown In Halifax: Would We Be Moral White Knights, Or Just Hypocrites? It's Complicated... published July 22

Last time I checked if you were a convicted criminal you were not welcome in Canada?

Plus, I don't think this punk has learned anything from beating his girlfriend at all, to listen to him he is the victim not her. Stay home Brown and join an anger management group.

mtwt posted to metronews.ca

Rodney Atkins, Axl Rose and Tommy Lee ... what do all three men have in common with Chris Brown? First off, I would like to say all three men have performed in Halifax, N.S.

Which is great for their fans, but if we were to compare them with Chris Brown: there is not much difference.

Rodney Atkins allegedly attempted to suffocate his wife with a pillow. Axl Rose has been accused of assault and sexual battery. Tommy Lee kicked Pamela Anderson while she was holding their son Dylan. He also beat a photographer at one point.

Before anyone judges Chris Brown, and thinks he shouldn't come, they should do their research on the others who have come here.

Melanie posted to metronews.ca

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DVD reviews

Trance

Director. Danny Boyle

Stars. James McAvoy, Vincent Cassel, Rosario Dawson

●●●○○

Genre-hopping British filmmaker Danny Boyle describes this serpentine psycho-thriller as personal therapy, a stress reliever he made while also directing last summer's Olympics opening ceremony. The stop-and-start nature of the production may account for the film's patchwork vibe. More difficult is the lack of feeling it summons for the three principal characters, played by James McAvoy, Rosario Dawson and Vincent Cassel. Trance begins as a heist picture, one in which Goya's fearsome masterpiece Witches in the Air sells for a cool $42 million in London, before vanishing under the watch of auction official Simon (McAvoy). Then the confusion really starts, as a hypnotherapist Elizabeth (Dawson) and crook (Cassel) get involved. The problem with Trance is that Boyle and his writers want to mess with more than just Simon's brain. The story becomes twisted and unreliable to the point of being downright silly, as motivations shift and finding the missing Goya starts to seem like the furthest thing from everybody's mind.

PETER HOWELL

Pieta

Director. Kim Ki-duk

Stars. Min-soo Jo, Jeong-jin Lee, Ki-Hong Woo

●●●●○

A mother's love for her child takes on brutal new meaning in this film by Kim Ki-duk, one that's as hard to watch as it is to forget. It boldly brings together the two sides of the South Korean auteur: the penchant for sadism from such earlier works as Bad Guy and The Isle, and the spiritual reflections of his master stroke, Spring, Summer, Fall, Winter ... and Spring. Themes of vengeance vs. forgiveness bleed into each other as the story becomes a meditation on life's meaning.

PETER HOWELL

Don't forget your costume!

Another year of Comic-Con is behind us, with fans and celebrities limping away from the San Diego Convention Center. Metro asked some of the celebrity attendees for Comic-Con survival advice.

Lily Collins

Star of The Mortal Instruments: "(Bring) a pair of flats, because running in (high heels) has been really difficult. Oh, and Band-aids. And bring your camera. I've been taking so many photos."

Dane DeHaan

Star of The Amazing Spider-Man 2: "From what I've seen in terms of being a fan coming here, it's a lot about patience, because those are some long-ass lines."

Jamie Campbell Bower

Star of The Mortal Instruments: "Lots of water. Stay hydrated because sometimes those costumes, oh boy. I mean, you don't want to be walking around looking like Chewbacca and not have water."

Bill Hader

Stars in Cloudy with a Chance of Meatballs 2: "Don't go (laughs). Know what you like. Have specific things that you like and just go to those. And then on the way to those you'll catch glimpses of other things."

Harris isn't afraid to carve her own path

Hatchet 3. Horror heroine bucks Hollywood convention and is content with "just being me"

CHRIS ALEXANDER
scene@metronews.ca

From Halloween to Hatchet, Danielle Harris has horror covered. HANDOUT

Danielle Harris is really a machine disguised as a woman.

The whirling dervish of an actor began her professional journey as a child star in the '80s, starring in the back-to-back horror sequels Halloween 4 and 5 as a little girl running afoul of masked killer The Shape.

Thankfully she stepped away, grew up, and re-emerged as an intelligent, unaffected and level-headed blend of performer and savvy businesswoman and is now a major star in the horror underground and one of the most prolific people alive, averaging at least five pictures per annum and appearing at countless fan conventions.

Among her many credits this year — including Among Friends, her directorial debut — is the Adam Green-produced slice and dicer Hatchet 3, opening on Wednesday as part of the Raven Banner/Cineplex theatrical horror series Sinister Cinema.

In it Harris plays Marybeth, a tough heroine who crosses paths with deformed killer Victor Crowley (Kane Hodder). It's a role she took over from the first film's Tamara Feldman, but as she explains, she had no trouble making the character her own.

"When I was cast as Marybeth in Hatchet 2, I wasn't worried at all," Harris says.

"In the first film she was weaker but I had the chance to make her more assertive and more of an adversary to Victor. And really, I have a 'get out of jail free card' with the fans. They seem to embrace me in whatever film I'm in, so there was no pressure at all."

Harris is right; she is most certainly a fan favourite — a beautiful, talented and tenacious artist whose frantic schedule would crush a lesser person. And yet she seems to find balance and is still having a blast navigating Hollywood and carving her own niche.

"I don't have an agent. I don't need one anymore. And I don't need to audition anymore. I can't stand auditioning. By now, people know who I am and what I can do. And although people do recognize me now, I have no desire to ever be on the cover of Us Weekly or be pushed into that world. I'm happy doing my work, acting and directing and running around in my baseball hat, just being me."

If you go...

Hatchet 3 will screen at Cineplex theatres across Canada on Wednesday.

Kelly Rowland

Row, row, Rowland your boat, not so gently down the stream

Kelly Rowland's fun day-trip whale-watching off the coast of Provincetown, Mass., turned into quite the ordeal when the singer and her party ended up lost at sea for 12 hours before being rescued by the Coast Guard, according to CBS News. The captain of the private vessel reportedly became "disoriented in the five-to-six-foot waves and fog that had rolled in," a source says. The boat was located by the Coast Guard and was being escorted back when it broke down and had to be towed the remaining four miles to shore. An employee of the towboat company says the passengers were "tired and thankful" and "just wanted to get off the boat."

Twitter

@iamrashidajones
Today may be a good day to announce my new EDM DJ name: Royal Baby Labour

@oliviawilde
Dudes just walked by my pooch and me on the street and said "now that's a gay dog". NYC compliments do not get better than this.

@MarkDuplass
Every time you google yourself, a tiny piece of your soul dies in a fiery car crash.

Billy Ray and belle resolve to heal achy breaky hearts

Billy Ray Cyrus

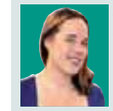
Billy Ray Cyrus and his wife, Tish, are calling off their divorce, a source close to the couple confirms to E! News. "I spoke to Tish and she told me they both woke up and realized they love each other and decided they want to stay together," the source says. "They went into (couples) therapy with the goal of divorcing in a way that was healthy for the children but ended up coming out of it with the realization that they in fact want to stay together. Tish sounds happy and energized about having this fresh start."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Hungry, hungry Harry: Disappearing Daniel worries weight-watching fans


THE WORD
Dorothy Robinson
scene@metronews.ca

Daniel Radcliffe's recent gaunt, exhausted appearance has fans worried, but his rep insists it's all work-related, telling Yahoo's omg! that Radcliffe's current stint in The Cripple of Inishmaan on stage in London "is a very demanding role, physically."

But the toll the show, and the summer weather, have been taking on the Harry Potter star haven't stopped him from tending to his fans.

"At every night's performance there is a large crowd at the stage door, and he takes the time to sign autographs and pose for pictures at length," his rep adds, "regardless of the extreme London heat wave."

You know, if this were any other star, I'd say something like: "The heat wave here isn't getting me into a size six, what is going on with Daniel (cough, drugs, cough)?" But it's Daniel Radcliffe! No way! He's just going to look sickly and we will accept the reason his publicist gives us.

And this, my friends, has never happened before in this column. Is the birth of the Royal Baby making me mushy toward all things British?

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Best Health

Staying hydrated in summer — continued

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the Summer issue of Best Health we feature an article by one of our columnists, registered dietitian Sue Mah. She talks about the importance of getting enough fluids, especially in the hot summer months when we sweat more. But, as we talked about last week, not all drinks are created equal.

Healthy choices
In addition to water, coconut water and vitamin-enhanced waters, here are some choices:

Lower-fat milk
It has lots of essential nutrients. One cup of one per cent milk has calcium, vitamin D, magnesium and phosphorus.

Powder of liquid flavour enhancers
If you find plain water boring, products like Crystal Light and MiO boost flavour while adding few or no calories. They're made with artificial sweeteners approved by Health Canada.

Vegetable juice
These typically have one full serving of veggies, and fewer calories than fruit juice. Choose the low-sodium variety.

Not-so-healthy choices
In addition to regular pop, fruit juice and iced-coffee drinks, here are some you might want to limit:

Sports drinks
A bottle of a sports drink like Gatorade contains 150 calories and 35 grams of sugar. It also has 270 mg of sodium. Try one of the calorie-reduced versions.

Energy drinks
Caffeine and sugar are the main ingredients. One can has 27 grams of sugar. And these should never be mixed with alcohol, as it can cause irregular heartbeat and other side effects.

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The bitter truth about sweeteners

Debate. Have a sweet tooth but don't know what's best (or worse): fake sugar or real? Here's the lowdown on the popular sweeteners

MICHELLE CASTILLO
life@metronews.ca

Get to know what you're putting in your body. ISTOCK PHOTOS

Want to know what sweeteners are good for you? Metro breaks down the benefits and drawbacks of the most common kinds.

Sugar

Natural, yes, but "added sugars" (which also include simple sugars like honey and brown sugar) was recently put on the American Heart Association's (AHA) black list of items that were detrimental to heart health.

The AHA said that the average American eats 22 teaspoons of added sugar a day, about 355 empty calories. They recommend 100 sugar calories for women (25 grams, or six teaspoons) and 150 calories for men (37 grams, or nine teaspoons) daily.

"The best rule of thumb is to start with an unsweetened food and add just a touch of sweetener yourself," nutritionist Dr. Janet Brill explains. "For example, try unsweetened iced tea or plain, non-fat yogurt and add in a touch of your sweetener of choice."

Aspartame

One way to avoid added sugars is to use an artificial sweetener. Aspartame is made up of methanol, phenylalanine and aspartic acid, and is 200 times sweeter than sugar, says Brill. Brand names of the product include Nutrasweet and Equal. As an added bonus, it is calorie-free.

While the U.S. Food and Drug Administration and the European Food Safety Authority have said it is safe for human consumption, some research has cast doubt on its long-term safety. Two Italian studies have shown that very high doses of aspartame might increase the chance of developing blood-related cancers like leukemia and lymphoma in rats. No studies have linked higher rates of human cancer to aspartame use.

I know a fake when I eat it

"Your body cannot metabolize fake sugars. There has been many other health and digestive challenges reported with these fake sugars."

Mark Macdonald
Celebrity nutritionist

Malitol and sorbitol

These artificial sweeteners are sugar alcohols. They are not completely absorbed in the body, which means that the body takes in less calories than when you consume regular sugar, Brill explains.

However, they can cause several gastrointestinal side effects.

"Most 'sugar free' or 'diet' foods are made with one of these sweeteners, which is exactly why when you eat those foods you are more gassy and bloated," says celebrity nutritionist Mark Macdonald, author of New York Times-best-seller Body Confidence. "Your body cannot metabolize fake sugars. There has been many other health and digestive challenges reported with these fake sugars, so you are always better to use the healthy sweeteners to sweeten up your food."

Agave nectar

Agave nectar is a natural sweetener made from the same plant that they use to make tequila. It ranks low on the glycemic index, which means it does not raise blood sugar levels rapidly.

However, this may be due to the fact it is hard for the body to process because it is a form of fructose, chemically similar to high fructose corn syrup.

Though it contains some additional minerals, it is in too low quantities to make a significant difference.

Stevia

Stevia is a natural sweetener made from a South American plant that has been used for hundreds of years.

"Stevia is the healthiest low cal sweetener on the market, so that is what I recommend most," Macdonald pointed out.

However, recent research shows that stevia may not lower blood sugar levels and could negatively affect blood sugar control in diabetics.

Also there is not much research completed on pregnant women who use stevia, so some doctors suggest avoiding using the product if in that situation.

People allergic to the Asteraceae/Compositae family of plants (which includes ragweed, chrysanthemums, marigolds and daisies) may have a reaction to it.

iKnife: the smart weapon against cancer

Health. Metro watches one of the first demonstrations of a breakthrough technology

KIERON MONKS
Metro World News

A member of the intelligent knife development team uses the knife on a piece of animal muscle during a demonstration at St. Mary's Hospital in London. SANG TAN/THE ASSOCIATED PRESS

The surgery room fills with acrid smoke as the electronic knife sears lines into the patient. The smoke is captured and passes through a tube into a vending machine-sized gadget on wheels.

After a few moments of analysis it responds: "Green, 92 per cent healthy."

The patient in this case is low quality pork, as medical ethics would not allow a human subject for this live demonstration of the iKnife. The surgical "intelligent knife" represents a potentially transformative breakthrough in the battle against cancer.

"It can change the world," says Professor Jeremy Nicholson, Head of Surgery and Cancer at Imperial College London (ICL), where the device was developed.

Using a process called Rapid Evaporative Ionization Mass Spectometry (REIMS), the iKnife tells surgeons in real-time whether the tissue they are cutting is cancerous. A trial of 91 patients recently concluded with 100 per cent accuracy, and detection is sensitive enough to detect tumours 1/1000th the size of a pinhead. While surgery is the leading treatment for the world's biggest killer, it relies on crude methods. Surgeons must cut away high volumes of healthy tissue as an error margin. Worse still, they often miss cancerous tissue that causes the disease to recur even more dangerously.

The new gadget would reduce those recurrences and open up new opportunities, its developers say.

"There would be more chance to operate on high-risk patients and shift the border between operable and inoperable," the iKnife inventor and ICL surgeon Dr Zoltan Takats told Metro.

The same technology could be used to identify other dangerous features such as blood disease or bacteria, and even to distinguish horsemeat from beef.

The iKnife is in its final trial and product design stages, following successful tests in Hungary, Germany and the UK, with one challenge to reduce a unit price of around $400,000. ICL expects it to enter regular use "within a few years."

Life-changing

"There would be more chance to operate on high-risk patients and shift the border between operable and inoperable."

Dr. Zoltan Takats
iKnife inventor and ICL surgeon

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Rocky Mountain Cheesecake: the scenic route for taste buds

These individual party-in-your-mouth Rocky Mountain Cheesecakes are perfect when you want a controlled portion of dessert. The water bath keeps the cheesecakes smooth and silky tasting.

1. Preheat the oven to 350 F. Line a 12-cup muffin tin with paper liners.

2. Combine the ricotta, cream cheese, sour cream, egg, sugar, cocoa and flour in a food processor. Purée until smooth. Divide the mixture among the prepared muffin cups.

3. Set the muffin tin in a larger pan. Pour enough hot water into the pan to come halfway up the sides of the muffin cups.

4. Bake in centre of oven 20 minutes. Remove and sprinkle marshmallows and chocolate chips evenly over the cheesecakes. Return to the oven and bake for 5 minutes longer, or until the marshmallows and chocolate chips begin to melt.

5. Remove the muffin tin from the water bath and cool on a rack. Chill well before removing the paper liners and serving. **ROSE REISMAN**

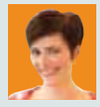
Ingredients

- 1 3/4 cups smooth ricotta
- 1/2 cup light cream cheese, softened
- 1/2 cup low-fat sour cream
- 1 egg
- 3/4 cup granulated sugar
- 3 tbsp unsweetened cocoa powder
- 1 1/2 tbsp all-purpose flour
- 1/3 cup miniature marshmallows
- 3 tbsp mini semi-sweet chocolate chips

This recipe serves 12. ROSE REISMAN

Health Solutions

Melt in your mouth sweets



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

There is nothing like a great dessert to end a perfect meal ... but, what happens in the summer?

Baking just isn't in the cards for many people.

Frozen desserts are your perfect solution and granita is way easier than ice cream.

The bonus is that you can use just about any fruit that may be a little too ripe to enjoy and impress guests.

Only you will know that all you needed was a metal cake pan and a fork.

The trick with granita is to make sure you're breaking up the ice as it freezes.

- 1 cup of simple syrup (Note: To make "simple syrup" boil 1 cup of water and 2 cups of sugar until dissolved. Let cool.)
- 1 cup of puréed fruit

1. In a blender, whiz together simple syrup and any ripe fruit.

2. Pour into a metal pan and freeze. Scrape crystals as they form every hour or two.

3. Serve in individual champagne or martini glasses as a treat, dessert or palate cleanser at a summer barbecue.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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Choco Banana Bites: Where your sweet tooth meets the freezer

1. Melt chocolate in top of double boiler or in microwave, then stir in peanut butter.

2. Place peanuts in a wide, shallow dish. Roll 3 to 4 pieces of banana in the melted chocolate and peanut butter mixture, and stir to coat.

3. Remove bananas using a fork and place in the dish containing peanuts. Roll chocolate-covered bananas in peanuts and coat as best as you can. Once well coated, place bananas on baking sheet lined with waxed paper.

4. Repeat with remaining bananas, re-melting the chocolate mixture if needed. Once complete, place in freezer.

5. Once frozen, store in freezer bag or airtight container. Thaw for 8 to 10 minutes before eating, to ensure banana bites are frozen, but not rock hard. **NEWS CANADA/ PEANUTBUREAU.CA**

Ingredients

- 4 oz (115 g) bittersweet or milk chocolate, chopped
- 1 tbsp (15 m) peanut butter
- 1 cup (250 ml) peanuts, finely chopped
- 2 large bananas, cut into 1 1/2-inch (4-cm) pieces

Male survey results are in: pre-stalking prospective partners all the rage

Askmen.com recently announced the results of its Great Male Survey conducted in Canada, the United States, Australia and the United Kingdom.

The survey covered a number of topics, including dating and sex; health; politics; entertainment; fashion; career/business; and technology.

Here is a look at some of the Canadian dating and sex results from the survey.

• 36 per cent believe a sense of loyalty is the most important trait for deciding if a woman is "relationship material".

• 74 per cent would not cheat on their partner, even if there was no chance of them finding out.

• 68 per cent of respondents would lie to their partner to avoid an argument.

Manly man

Thirty-eight per cent of respondents believe Vladimir Putin is the manliest political figure (over Barack Obama, Bill Clinton, Paul Ryan and Kim Jong-un).

• 52 per cent of respondents would dump their partner if they gained a significant amount of weight.

• If they could change one thing, 23 per cent of respondents would change their partner's nagging.

• 37 per cent of respondents believe women start losing their looks at 40 years of age.

• 76 per cent would pre-stalk a prospective partner.

• 84 per cent of respondents answered no when asked if they've ever said, "I love you" just for sex.

• 71 per cent of respondents fantasize about a partner's friend.

• 53 per cent of respondents have never been tested for STDs.

FOR MORE RESULTS, CHECK OUT ASKMEN.COM. METRO

Dinner party etiquette

It is never OK to leave your cellphone on the dinner table. ISTOCK IMAGES

Hold the phone!

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Conundrum

You are going out to an important formal dinner at your boss's home. Your four-year-old child is home sick with a temperature and has a babysitter.

Is it reasonable for you to keep your cellphone on the dinner table to take any texts or calls that may come in from the babysitter, even if the babysitter is a mom herself who has babysat for you many times before?

Answer

It is never OK to leave your cellphone on the dinner table. Firstly if you are worried that your child is that sick, than perhaps it might be better to stay home and take care of him yourself.

Secondly, if you must go out and anticipate a call, first inform your hostess in private of the situation, secondly keep your cellphone on vibrate and in your pocket or lap. In the event that it does ring, excuse yourself from the table (don't explain why, just a simple "excuse me") and leave the dinning room before taking the call. If the situation is serious, then return to the dinning room and politely whisper into the hostess's ear that you must excuse yourself and return home at once.

Remember to send a note of apology the following day, and include how your child is doing.

Making a case to keep a cash stash

Keep a few hundred dollars in cash at home. You never know when you'll need some money in an emergency. ISTOCK IMAGES

YOUR MONEY
Alison Griffiths
money@metronews.ca

I love cash. When bad things happen — lost wallet, power outage and credit or debit card terminal woes — a secret cash stash rules.

Here's a case in point. My youngest daughter had a fraudulent charge on her credit card. She caught it and got a new card. However, she now appears to be on a high-risk watch list and any "odd" transaction triggers a block. On a recent trip to the U.S. her card was declined while trying to fill up her car to drive back to Canada.

Luckily, she occasionally listens to her mom and had an emergency $100 stashed in her car.

At home and everywhere you go some cash should be available. And I don't mean through ATM machines. They can run out of bills, break down or be felled by a power outage as happened during the recent floods in Alberta and Greater Toronto.

At home, I recommend singles have around $200 cash while families should aim for at least $100 per person. Yes, someone could break in and find the dough under your mattress. But the risk is small compared to the inconvenience of being stuck without money in an emergency.

During holidays or business trips, you should have sufficient funds available for at least one night at a hotel plus meals. Sure, there are emergency replacement services available, but you can't always contact the credit card company and a couple of days might pass before the replacement arrives.

During Hurricane Sandy friends were forced to stay an extra three days in Virginia with no cellphone service and the single ATM at the local one-horse town was on the fritz. Fortunately, they had $500 cash and were comfortably able to wait out the storm. Kids also need to be made aware of the emergency cash. A note and receipt for any money used is a good plan. Granted, a stash can be tempting.

When my oldest daughter was in high school she cleaned out the teapot and bought pizza, movies and taxi rides for a bunch of friends. She paid it back, with interest, and never went near it again — except for real emergencies.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

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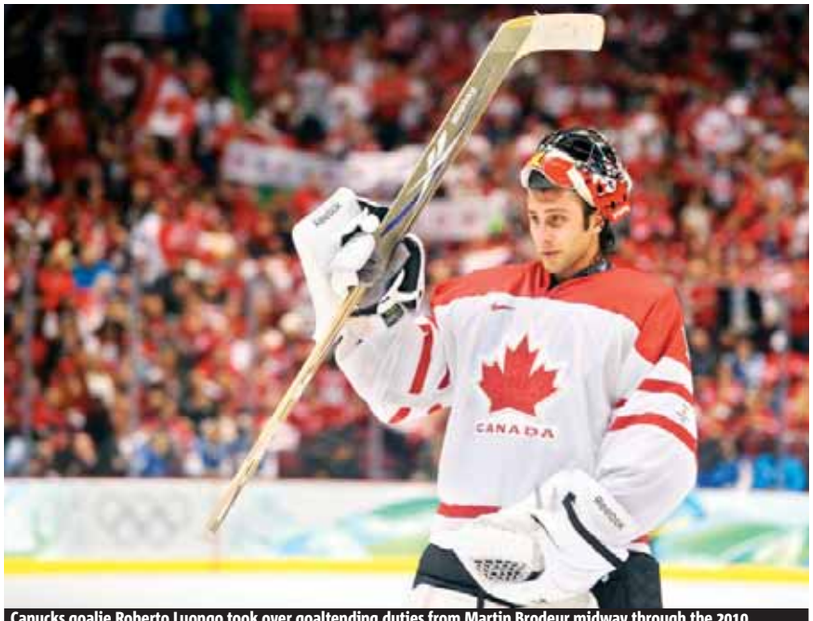
Another golden chance for Luongo

NHL. Canucks 'keeper headlines five goalies named to camp by Hockey Canada

CAM TUCKER
cam.tucker@metronews.ca



Canucks goalie Roberto Luongo took over goaltending duties from Martin Brodeur midway through the 2010 Olympic tournament, eventually helping Canada win the gold medal at Rogers Arena. HARRY HOW/GETTY IMAGES FILE

Hockey nations have accelerated their plans for the 2014 Sochi Olympics, after the NHL finally announced on Friday its players will participate in the Winter Games for a fifth consecutive time.

On Monday, a number of countries released rosters for their respective Olympic hockey orientation camps to take place later this summer, and the Vancouver Canucks are well represented.

Roberto Luongo, who was the starting goaltender for Canada in the thrilling overtime gold-medal victory over the U.S. at the 2010 Olympics in Vancouver, tops the list of five netminders named by Hockey Canada to the orientation camp, which is slated to run Aug. 25-28 in Calgary.

Canada's two other goalies from 2010 — Marc-Andre Fleury and Martin Brodeur — were not among the five goalies invited to camp

Defenceman Dan Hamhuis, who hails from Smithers, B.C., was also named to the Canadian camp.

On the American side, Canucks centre Ryan Kesler was named to USA Hockey's camp.

The speedy centre, who took home silver with the U.S. team in 2010, struggled with injuries during the 2013 lockout-shortened season.

He missed the first 12 games of the season still recovering from off-season shoulder and wrist surgeries and then suffered a fractured bone in his right foot toward the end of February.

In the 17 regular-season games he did play, Kesler had four goals and 13 points.

During the 2010 Olympics, Kesler became somewhat of an antagonist with the Vancouver fans during the two-week competition, particularly for the climactic event.

In the gold-medal game, Kesler had a goal and then during an intermission interview, predicted — accurately — that the U.S. would tie the game up, adding that Luongo was fighting the puck.

Former Canucks goalie Cory Schneider, traded to New Jersey at the NHL draft in June, was also named to the American camp.

Sweden also announced their camp roster, which includes a trio of Canucks — Daniel and Henrik Sedin, and defenceman Alex Edler.

B.C. boys named to Team Canada orientation camp

- **G Carey Price,** Anahim Lake
  D Karl Alzner, Burnaby
  D Dan Hamhuis, Smithers
  D Duncan Keith, Penticton*
  D Brent Seabrook, Tsawwassen*
  D Shea Weber, Sicamous*
  F Andrew Ladd, Maple Ridge
  F Milan Lucic, Vancouver.
  ***Member of 2010 Olympic team.**

MLB

Braun bites the bullet, accepts PED suspension

The first star to fall in baseball's latest drug investigation is one of its biggest: Ryan Braun.

The 2011 National League MVP was suspended without pay for the rest of the season and the postseason Monday, the start of sanctions involving players reportedly tied to a Florida clinic accused of distributing performance-enhancing drugs.

The Milwaukee Brewers star accepted the 65-game ban, 15 games more than the one he avoided last year when an arbitrator overturned his positive test for elevated testosterone because the urine sample had been improperly handled.

THE ASSOCIATED PRESS

Shuttlecock fight

Thai pair prove bad boys play badminton, too

A fight broke out between two former doubles partners from Thailand at the Canada Open over the weekend in Vancouver, prompting the Badminton World Federation to launch an investigation.

During a change of ends Sunday in the doubles final, Bodin Issara lunged at Maneepong Jongjit, chasing him onto a neighbouring court before punching him several times.

Issara was dragged away and held down by coaches and tournament staff, while his partner, Pakkawat Vilailak, escorted a shirtless Jongjit off the court.

THE CANADIAN PRESS

Whitecaps contemplating Ousted in net

Whitecaps goalie Brad Knighton allowed a pair of goals in Vancouver's 2-1 loss to the L.A. Galaxy on Saturday. JEFF VINNICK/GETTY IMAGES FILE

Vancouver Whitecaps head coach Martin Rennie started the week by acknowledging that recently acquired goalkeeper David Ousted could be in the lineup this weekend against the Philadelphia Union.

The Whitecaps host the Union Saturday at BC Place Stadium. Ousted, who was acquired on June 20, became eligible to play in Major League Soccer on July 9.

He's appeared for the Whitecaps' reserves squad and was on the bench for each of the club's last two MLS games, including Saturday's 2-1 loss to the L.A. Galaxy.

"It's possible. But we haven't decided on that," said Rennie Monday.

Goalkeeper Brad Knighton, the incumbent, has started the last 10 regular-season games for Vancouver, posting six wins and two clean sheets.

— Whitecaps striker Kenny Miller has been called up for Scotland in a friendly versus England at Wembley Stadium on Aug. 14.

That match, as well as the travel, is sandwiched between a pair of key MLS Western Conference games for the Whitecaps against the San Jose Earthquakes on Aug. 10 and the Colorado Rapids on Aug. 17.

"There's no guarantee that we would miss him," said Rennie.

— English defender Damian Batt took part in Whitecaps training Monday, and is on trial with the MLS club.

CAM TUCKER/METRO

Horoscopes

♈ Aries
March 21 - April 20
You have sacrificed a lot of late and no doubt feel you are entitled to something in return — and you're right. Decide what you want then reach out and take it.

♉ Taurus
April 21 - May 21
The conditions you find yourself in are largely of your own making. If you want to change things, the effort must come from you. Loved ones will help but only if you ask.

♊ Gemini
May 22 - June 21
The Sun's change of signs means you would like nothing better than to forget about serious things and have fun. So why don't you? Life is too short to waste even one day doing what you don't enjoy.

♋ Cancer
June 22 - July 23
You have something important to deal with and although the Sun has moved out of your sign, Mars and Jupiter will give you all the energy and enthusiasm you need to sort it out.

♌ Leo
July 24 - Aug. 23
As the Sun begins its transit of your birth sign, you can afford to be more adventurous. By all means, weigh up the pros and cons but don't let fear or other people's disapproval hold you back. Go for it.

♍ Virgo
Aug. 24 - Sept. 23
You may have to put others' needs ahead of your own but if you stand back and see the bigger picture, you'll realize you are helping yourself as well. Everyone benefits.

♎ Libra
Sept. 24 - Oct. 23
If you have made a mistake then admit it. It's really no big deal. Everyone does something silly once in a while, so make light of it and then move on.

♏ Scorpio
Oct. 24 - Nov. 22
The next few days will be productive, especially on the work front where you will find favour with important people. The most important thing is that you have a clear mental image of your long-term goal.

♐ Sagittarius
Nov. 23 - Dec. 21
If someone has displeased you then you must let them know. You may be forgiving by nature but if you let them get away with it, they may think they can do it again.

♑ Capricorn
Dec. 22 - Jan. 20
Don't waste time on people who refuse to play by the rules. Either come down on them hard or cut them out altogether. It doesn't matter which approach you choose as long as you mean it.

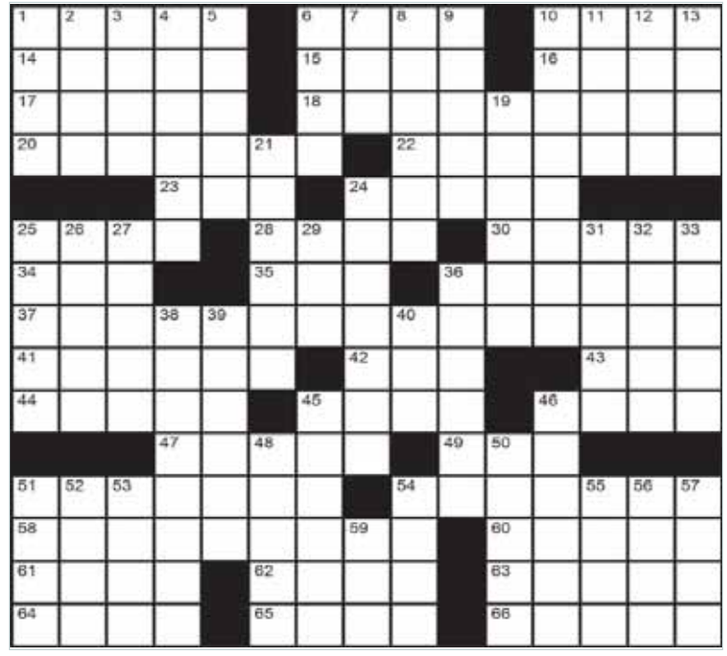
♒ Aquarius
Jan. 21 - Feb. 19
A dispute will disturb your peace of mind today and you must deal with it before it gets out of hand. This is a great time for affairs of the heart. Don't let anything spoil it.

♓ Pisces
Feb. 20 - March 20
If you push yourself harder than usual today, you will get more done. But don't risk hurting yourself physically. Nothing is more important than your wellbeing, not even success. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



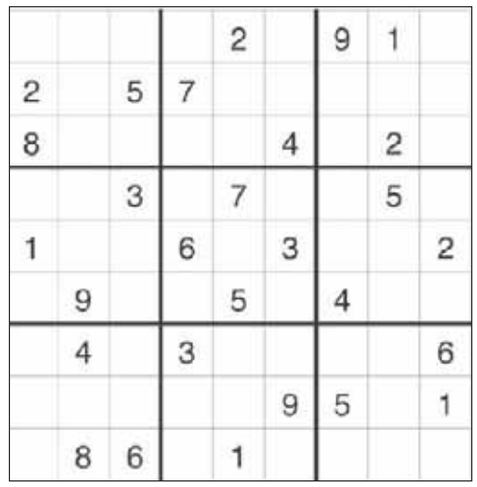
Across
1. "La __ Nikita"
6. Suzanne Vega song
10. Fashion designer, L'__ Scott
14. Manner of speaking
15. "Up and __ '__!" (Rise and shine!)
16. Digger's creation
17. Italian luxury brand
18. Locale of Acadia University in Nova Scotia
20. Juno-winning Hamilton band
22. Quickly fried
23. __ bread
24. Country music's Mr. Haggard
25. Mend the mitten
28. "Or so __ say." (Apparently)
30. Run after
34. Veggie of Japan
35. Canuck band, __ 41
36. Prison guard in ye olden times
37. The Potato Eaters, for one: 3 wds.
41.Brendan Fraser comedy, "__ Man" (1992)
42. Selfish sort
43. Dove's sound
44. diy Network implements
45. Boxing locale
46. Mr. Frobe who played the title role in James Bond movie "Goldfinger" (1964)
47. Shoe's strings
49. Worcestershire sauce brand, __ & Perrins
51. Stars: French
54. BC city
58. "Lovers in a __ Time" by Bruce Cockburn
60. Loathing
61. Prefix to 'gon' (Eight-sided shape)
62. Ms. Bombeck
63. Al __ (Pasta-cooking consistency)
64. NASA target in 1969
65. 'Trick' suffix
66. Door sign

Down
1. Soccer org.
2. Broadway star Linda
3. Weasel relative
4. New
5. 19th-century poet Ms. Dickinson
6. Rules
7. __-Aztecan languages
8. Actor Mr. Grammer
9. Intl. AIDS research foundation
10. Red Rider song: 2 wds.
11. Auditioner's hope
12. French pronoun
13. Require
19. Alberta town
Trekkies love
21. The Cars hit: 2 wds.
24. City of ancient Egypt
25. Comforter
26. A Bell for __ (John Hersey Pulitzer-winning novel)
27. Gadgets brand in vintage TV ads
29. "Er, what's that?"
31. Set-in-a-diner TV series
32. Mister: Spanish
33. Grain fungus
36. Little laugh
38. Island-dwelling TV guy
39. Store items, at times: 2 wds.
40. Get an '_' __ (Score better than B+)
45. Ritzy retreat
46. Do yard work
48. Roman goddess of agriculture
50. Wear away
51. Ancient Dead Sea land
52. Restaurant chain, __ Bell
53. Particular preposition
54. Bolshevik-opposed ruler
55. The Turtles tune: "It __ Me Babe"
56. Adorable
57. 'E' in EMT, for short
59. Apricot-like Japanese fruit

Yesterday's Crossword

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

2	9	5	7	3	1	4	8	6
1	3	4	8	6	5	9	7	2
8	7	6	4	9	2	1	5	3
3	5	8	9	4	7	6	2	1
7	6	1	2	8	3	5	9	4
4	2	9	5	1	6	7	3	8
6	8	2	1	5	9	3	4	7
5	1	7	3	2	4	8	6	9
9	4	3	6	7	8	2	1	5

Today
23°/16°
Sunny
Wednesday
23°/16°
Sunny
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Check the 14 day trend.
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